

SRPMIC Diabetes Program – Fitness Center

HEALTHY HEART RUN or WALK

1-Mile or 2-Mile

February is American Heart Month

Thursday, February 14, 2013

Meet at the Salt River Fitness Center at 12:00 pm

1-Mile & 2-Mile* Route will be around the Tribal Campus area

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women – CDC; Website, 2/2013

*2-Mile route will do 1-Mile twice.

Question Call 480-362-7320/7349 (Rachel Seepie)

